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(54) Title: **PHARMACEUTICAL COMPOSITION COMPRISING I.A. VITAMIN C, MAGNESIUM, GREEN TEA EXTRACT  
FOR RETARDING CARDIOVASCULAR DISEASES**

(57) Abstract: The present invention provides pharmaceutical compositions comprising lysine, proline, arginine, vitamin C, mag-  
nesium, green tea extract, N-acetyl-cysteine, selenium, copper, manganese and one pharmaceutical acceptable component selected  
from the group consisting of a carrier, a diluent, and an excipient, wherein the pharmaceutical composition without the acceptable  
component contains 7-9 wt % magnesium, 20-30 wt % ascorbic acid and 11-25 wt % green tea extract. A method of treating cardio-  
vascular diseases using the pharmaceutical compositions are also disclosed, more preferably for the treatment of post-menopausal  
women.